



OAG Overseas Peru



IN PARTNERSHIP WITH INTREPID TRAVEL

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Peru - Inca Trail 11 days/ 10 nights

About Your Trip

Start Location

Lima, Peru

Finish Location

Lima, Peru

Accommodation

7 nights Hotel
3 nights camping

Rooming Requirements

Twin Share

Included Meals

Breakfast (10)
Lunch (7)
Dinner (4)

Transport

Air conditioned vehicles
throughout

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis

Support

24-hour support from our local
office: +0051 996 055 559 or +0051
940 512 701.

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Peru - Inca Trail Itinerary

Day 1: 5 September 2025

Destination: Lima

Meals Included: Dinner

Welcome to Lima, the "City of Kings". Upon arrival to the airport, you will be transferred to your hotel. Your local guide will meet you for a welcome briefing & some tips during your stay in Lima.

Note: In case of flight cancellations, changes, if you experience severe delays at immigration, baggage collection or customs, or if you are not able to find the driver or representative, please contact our Operation Team at: +0051 996 055 559 or +0051 940 512 701.

Special Information: During your welcome meeting, we will be collecting insurance details and next of kin information. Please have this information handy. It's very important that you attend the welcome meeting.

Upon arrival to the hotel, the remaining of your first day will be free. While Peru's capital officially began life in 1535, when Spanish conquistador Francisco Pizarro founded the city on the Day of the Three Kings, settlements had been scattered through the valley since before the Incas. The city was built on top of an existing palace and temples that belonged to the local chief who had little choice but to move on. Lima was in its prime during the Spanish colonial days and much of the city's attraction now lies in its well-preserved historical center.

By the afternoon, your Tour Leader will take you on an orientation walking tour around the modern district of Miraflores. You will visit the popular Kennedy Park, considered the point of convergence of both limeños and travellers alike, and arguably the forefront of modern Lima. It is surrounded by a vast array of restaurants, cafes, shops, and about every other thing the capital of Peru could offer you. Visiting Parque Kennedy is therefore a must for any visitor. You will also walk through the Larco Avenue. Then you will head to the nice shopping mall named Larco Mar, which was built on a spectacular cliff overlooking the Pacific Ocean and the traditional "Parque del amor" (Love Park), entirely dedicated to all lovers. Finally, you will visit our traditional "Malecon", a six-mile strip of parks, gardens and green space along the cliffs overlooking the sea. Paragliders launch from just north of Larcomar. The entire Malecon is worth seeing, but not on foot. Rent a bicycle or jog if you want to see it all.

This evening, you meet your local leader and head to dinner at La Huaca Pucllana Restaurant, one of the top restaurants in Lima. It has a unique setting overlooking pre-Incan ruins that once served as an important administrative and ceremonial center, many centuries ago. The restaurant offers a renewed meal whose foundation is Peruvian cuisine, with its rich variety of products, be it sea fish, shellfish, or what forms the immense range of vegetables, with all colors, textures, and flavors.

Note: Check-in at hotel – 01:00PM

Included Activities

- Group transfer from Lima airport to the hotel, in private service with English speaking Tour Leader.
- Welcome meeting at hotel with English speaking Tour Leader
- Miraflores Orientation Walk with English speaking Tour Leader
- Dinner at Huaca Pucllana restaurant (set menu)

Accommodation

El Tambo II Hotel 3* (Standard room) or similar

https://eltamboperu.com/Hoteles/-Ld4kk5Ev7o_UCdDayty

Day 2: 6 September 2025

Destination: Lima

Meals Included: Breakfast

Today is a free day to explore Lima at your leisure. Take the time to relax and recover from jetlag or get out and explore the city! Please speak to your tour leader for suggestions of things to do today.

Accommodation

El Tambo II Hotel 3* (Standard room) or similar

https://eltambooperu.com/Hoteles/-Ld4kk5Ev7o_UCdDayty

Day 3: 7 September 2025

Destination: Lima / Cusco

Meals Included: Breakfast and Lunch

In the morning, get picked up from your hotel and transferred to Lima airport for your domestic flight to Cusco.

Arrive in Cusco, historic heartland, and former capital of the Incan Empire. Your local guide will welcome you at the airport and will transfer you to your hotel. On route he will explain you the next few days' activities.

Cusco is a favourite destination of many visitors to Peru. As you wander the streets and side alleys of the city you will witness the perfect tapering Inca stonework that provided the foundations for many of Cusco's colonial and modern buildings. The city itself is the continent's oldest continuously inhabited city and was the home of the Inca Empire for two centuries before the Spanish built their first capital here. Today Cusco is a fascinating combination of both cultures. Take the time to acclimatize to the city's 3450-metre high (11,150 ft) altitude.

In the afternoon, you will take an orientation walking tour around the centre of Cusco, vivid example of the mixture of Inca and Spanish cultures. On the way you will see the Stone of Twelve Angles at the Inca Roca Palace, on Hatun Rumilloc Street. You'll visit the facade of Qoricancha temple, considered the most important temple of the Inca Empire. Then, you will head to the heart of the city, "the Plaza de Armas", surrounded by colonial arcades and four churches. In this place you will find the beautiful "Cathedral" of Cusco, built in the XVI.

You'll enjoy of lunch at Mama Seledonia, a restaurant that helps and supports young single mothers and teenagers in rural areas with talent and passion for cooking. If available, you'll have the opportunity to meet Mrs. Seledonia, the owner of this restaurant and project (<https://restauranteseledonias.com/about/>)

In the evening you will learn about Pisco drink. Your tour will lead you on a stroll through a beautiful small plaza, San Blas, located in Cusco's bohemian, artistic neighbourhood. It's here where you can find several artisanal shops, a handicrafts market, and the best views of the city as night falls. Then it's back to the order of the day: Pisco! As you wander through the city, your local guide will tell you all about the traditional Pisco Sour and its place in Peruvian history. We'll stop off at a local bar so that you can taste a few different flavors of Pisco and hear all about the distillation process and how this sour drink is made. Finally, it's your time to shine! Get your mixologist hat on and try your hand at making your very own Pisco Sour, using all the knowledge that you've picked up along the way on this Cusco city tour. And the best part? You get to drink it afterwards — salud!

Included Activities

- Transfer from Lima hotel to airport, in private service with English speaking Tour Leader
- Domestic flight from Lima to Cusco
- Transfer from Cusco airport to hotel, in private service with English speaking Tour Leader
- Cusco Orientation Walk, with English speaking Tour Leader
- Lunch at Mama Seledonia restaurant (set menu)
- Pisco Making Activity by Urban Adventures

Accommodation

Ruinas Hotel 3* (Standard room) or similar
<https://www.hotelruinas.com/en>

Day 4: 8 September 2025

Destination: Cusco / Sacred Valley / Ollantaytambo

Meals Included: Breakfast and Lunch

At around 08:00AM, you will be picked up from your hotel to start with visit of the Sacred Valley.

On the way you will stop at a point known as El Mirador, from where you will be able to see the whole Sacred Valley and receive a good insight of the Inca history. The Sacred Valley was undoubtedly a key area of settlement to the Incas; its combination of agreeable climate and fertile plains bestow an unusual abundance for the high Andes. Here the Incas sculpted the mountain flanks with vast contour terracing and irrigation channels. Our driver and guide will suggest you the best points for pictures.

Later, you will drive towards a community in Ollantaytambo (<https://awamaki.org/>) where the group will have lunch and then, will learn about local lifestyle and activities and if our visit coincides with market day you can spend time browsing the stalls in search of hand-painted beads or warm ponchos and maybe practicing some of the local language, Quechua.

Finally, you'll be transferred to your hotel located in this beautiful Inca town.

Included Activities

- Transfer from Cusco hotel to Sacred Valley, in private service with English speaking Tour Leader.
- Awamaki Community Visit: Lunch & Workshop at community

Accommodation

Tunupa Lodge 3* (Superior room) or similar
<https://www.tunupalodge.com/en/home/>

Day 5: 9 September 2025

Destination: Ollantaytambo / Inca Trail

Meals Included: Breakfast, Lunch and Dinner

During the next four days you'll be hiking the Classic Inca Trail. While away from Cusco, the bulk of your luggage will be stored at your hotel. The evening before you leave Cusco, you'll receive a small duffle bag to carry your clothes in during the trek (6 kg maximum). Your team of porters will carry these bags for you, together with the food and equipment for the trail. Please note that you won't have access to these items until the end of each day, as the porters will always be ahead of the group

This morning you will set off on a journey on the Inca Trail by travelling from Ollantaytambo heading to Kilometre 82, where your trek begins. Today you will hike past the ancient hilltop fort of Huillca Raccay and the beautiful archaeological site of Llactapata.

It is a fairly leisurely hike and along the way there are stunning views of snow-capped Veronica Peak (5860m). Following the river you will pass a tiny village and continue on to your camp at Wayllabamba, located at 3000 meters. Porters are provided on this trek, so during the day you will only need to carry a daypack with your personal items. This needs to be big enough to carry such items as water, camera and a warm jacket.

Note: The Inca Trail is within the abilities of most reasonably fit people, but please come prepared, as the trail is 45 kilometres long and often steep. Each day's journey generally consists of seven hours of walking (uphill and downhill), with stops for snacks and lunch. Trekking usually begins at 7 am (except on the fourth morning) and you reach the campsite around 5 pm. Accommodation on the trek is camping (three nights). Double tents (twin-share) and foam camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Included Activities

· Inca Trail Trek 4D/3N Program (In private service)

NOTE:

Sleeping bag during the Inca trek and Walking poles are not included:

- Sleeping bag during the Inca Trail trek (USD 25.00 per person)
- Walking poles during the Inca Trail (USD 16.00 per person)

Accommodation

Camping – with basic facilities

Day 6: 10 September 2025

Destination: Inca Trail

Meals Included: Breakfast, Lunch and Dinner

Today is the most difficult part of the trek as you climb to Warminwanusca, or Dead Woman's Pass (4200m). Along the way you will trek through some of the most spectacular mountain scenery to be seen anywhere in the Andes. This is the first and highest of three Andean passes on the Inca Trail, with breath-taking views over the snow-capped Vilcanota and Vilcabamba mountain ranges. Ahead of you, you will see the ruins of Runkuracay and in the valley below, Rio Pacamayo (Sunrise River). Here the trail changes from dirt to steps and stone pathways, your route will take you through a landscape dotted with rural hamlets, grazing llamas and well-preserved remnants of the Incan culture. Although it's not too arduous, you will still need to make a steep descent to the valley below, where you will camp beneath the cliff tops at Pacamayo (3600m), overlooking the cloud forest.

Included Activities

· Inca Trail Trek 4D/3N Program (In private service)

Accommodation

Camping – with basic facilities

Day 7: 11 September 2025

Destination: Inca Trail

Meals Included: Breakfast, Lunch and Dinner

You will climb up to the oval shaped ruin of Runkurakay, which is believed to have once been an Inca tambo or post house. Pushing on up the Inca staircase and beside two tiny and fast diminishing mountain lakes, you will be rewarded at the summit of your second pass (3900m) with spectacular views of Pumasillo (6245m) and the entire snow-capped Vilcabamba range. From here it will be a steep descent and then ascent to your third pass and the ruins of Phullupatamarca, where we embark on a long descent into a beautiful orchid-filled cloud forest. The scenery will blow you away! Butterflies flutter across the trail and the air is pure and clean as you head to breath-taking Winaywayna (2650m).

Included Activities

· Inca Trail Trek 4D/3N Program (In private service)

Accommodation

Camping – with basic facilities

Day 8: 12 September 2025

Destination: Inca Trail / Machu Picchu / Cusco

Meals Included: Breakfast and Lunch

The day starts before dawn with breakfast served nice and early at approximately 4.30 am. The early start serves two purposes, one we farewell our porters as they descend to the train station to catch their 6.30 am train home and two, you are ready to start hiking by 6am by when the gate that leads through to the Inti-Punku (sun gate) opens. The walk to the sun gate takes approximately 2 to 2.5 hours.

Here you will enjoy your first views of the complex of Machu Picchu, often referred to as the Lost City of the Incas. On a clear morning the view from the Sun Gate can be quite stunning and creates a lasting impression that will stay with you long after you return home. Built around 1450, the city was deserted less than a century later following the Spanish invasion and 'lost' for hundreds of years before it was rediscovered by Hiram Bingham in 1911. The architecture of Machu Picchu is quite extraordinary, with the mortar-free design particularly earthquake resistant and the stones so precisely cut that to this day not even a knife fits between them.

You will have a guided tour to this great archaeological site you'll take the bus down to the small town of Aguas Calientes where you'll have a couple of free hours to wander around or have lunch on your own (NOT included). Afterwards, you'll board the tourist train back to Ollantaytambo town, followed by the transfer to Cusco city.

Note: According to Machu Picchu visiting regulations, all visitors must follow a pre-determined route within the site. This route must be followed in one direction only and once the guided visit commences, exiting and re-entering the site is not permitted. Once the guided visit concludes, visitors must exit the site and personal exploration of Machu Picchu is not permitted.

Included Activities

- Inca Trail Trek 4D/3N Program (In private service)
- Machu Picchu Ruins Visit

Accommodation

Ruinas Hotel 3* (Standard room) or similar

<https://www.hotelruinas.com/en>

Day 9: 13 September 2025

Destination: Cusco

Meals Included: Breakfast

This day will be free for you to explore Cusco on your own.

Included Activities

- Free Day

Accommodation

Ruinas Hotel 3* (Standard room) or similar

<https://www.hotelruinas.com/en>

Day 10: 14 September 2025**Destination: Cusco / Vinicuna / Cusco****Meals Included: Breakfast and Lunch**

05:30am We'll leave from Cusco city (3,400 meter-high). The first 2 hours by bus (Paved road) is in order to get to the community of Cusipata (3450 meter-high) where we can stop and use toilet. After breakfast (7:30 am), we continue for 1 more hour by vehicle to get to the start of the trek "Chilliwany community" (unpaved road). Chilliwany check point (4,650 meter-high) is the name of the place where the trek starts, we walk for 1.5 hour uphill in order to get to Vinicunca Mountain (5000 meter-high) where we have a nice view of the rainbow mountain as well as the snow-capped mountain called Ausangate (6384 meter-high). The last half an hour is steep path. After taking pictures of the mountain we start walking downhill for another 1 hour. Then we take the bus in order to return Cusco city. After one hour driving we stop to have lunch at Cusipata, then we'll take 2 more hours by vehicle to get to Cusco city, arriving at 5:30pm approx.

Trekking distance: 8 Km round trip

Highest point : Vinicunca pass - 5,000 meters

Hiking time : 3-4 hours approx

Included Activities

- Rainbow Mountain of Vinicuna full day tour (in private service with English speaking tour guide)
- Lunch included.

Accommodation

Ruinas Hotel 3* (Standard room) or similar

<https://www.hotelruinas.com/en>**Day 11: 15 September 2025****Destination: Cusco****Meals Included: Breakfast**

Your tour comes to an end today and there are no activities planned.

At the appropriate time, you'll be transferred to the airport to take your flight.

Note: Check-out at hotel – 09h00AM

Departure Transfer

- Included on a group basis

Important Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

Available for phone call or WhatsApp call on +51 996 055559 Lima, +51 940 512701 Cusco

Itinerary disclaimer

ITINERARY CHANGES

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It's important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, political unrest or other factors, further changes may be necessary to your itinerary once in-country. Your group leader or local representative will keep you up to date with any such changes once your trip is underway.

DEMONSTRATIONS & STRIKES:

Demonstrations and protests, often in response to local labour or social issues, occur regularly in Peru. National strikes can be called at short notice and can cause disruption to road networks leading to inevitable itinerary changes. We will do everything possible for these changes to be at little or no extra cost; however in such circumstances we find that travellers may need to use their contingency funds to cover the costs of itinerary changes.

HEAVY RAIN ON THE INCA TRAIL

If it rains heavily for a number of consecutive days, the terrain at the third campsite (Wiñaywayna) can become unstable, increasing the danger of landslides and making it unsafe to camp. This occurs mostly during the wet season (December to March) although it can also happen at any time of the year. Your trekking guide may assess that it's safer to spend the third night in a hotel in Aguas Calientes (Machu Picchu), or if available, to camp at Puente Ruinas campsite. You may need to use your contingency funds to cover any additional costs. An letter can be provided for lodging a travel insurance claim for these costs.

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

It is a requirement of the Peruvian Tax Authority for our trip leaders to show proof that all travellers on our groups are foreign tourists and are thus exempt from the 18% Value Added Tax (VAT) charged to locals. This may require your trip leader to take a photograph of your main passport page and the page showing the immigration stamp you receive upon entry to Peru.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

ALTITUDE SICKNESS:

Parts of your trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happened to Sir Edmund Hillary!

Before your trip:

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatizing to high altitude. Please discuss these options with your doctor.

During your trip.

While our group leader or local representative have basic first aid training and are aware of the closest medical facilities, it is very important that you are aware of the cause and effects of travelling at altitude, monitor your health and seek assistance accordingly.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience:

<https://www.intrepidtravel.com/altitude-sickness>

YELLOW FEVER

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home. It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

ZIKA VIRUS:

There have been reports of transmission of the mosquito-borne Zika virus in this region and we advise all travellers to protect themselves from mosquito bites. Given possible transmission of the disease to unborn babies, and taking a very cautious approach, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip.

MOSQUITO-BORNE ILLNESSES:

Some regions of Central & South America can experience outbreaks of dengue fever. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent, and being indoors particularly around dusk and dawn. If you have a fever or feel unwell, please let your group leader or local representative know right away. Protect yourself against mosquito-borne illnesses such as malaria by taking measures to avoid insect bites.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in this region. Your group leader or local representative will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule, our groups tend to eat dinner together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

DIETARY REQUIREMENTS

Please let us know your diet requirements before your trip starts.

Generally speaking, in bigger cities/towns vegetarians can expect a reasonable range of vegetarian venues and/or vegetarian options within tourist restaurant menus. However, vegetarianism is not the norm in this part of the world so options can be limited when eating at homestays, small local restaurants, street stalls, markets, etc.

More restrictive diet requirements (vegans, coeliac, gluten intolerance, fructose intolerance, lactose intolerance, etc.) can also be accommodated along this trip but you should expect a lesser variety than what you can expect at home. We recommend that, if possible, to bring your own supply of snacks with you.

For those on strict Kosher or Halal diets, we understand your dietary requirements are important, however, sometimes due to cultural and language differences these are not always easy to convey when you are travelling. Your guide will do their best to assist you in translating your needs when eating out, but please be aware that these diets are almost unheard of in much of the continent and the best they may be able to accommodate is no pork and shellfish. If this will be a concern for you you may need to consider opting for vegetarian or vegan meals for the included meals in your itinerary. We recommend researching kosher or halal options in your destination country prior to travel to see if you are able to buy snacks once there, otherwise consider bringing some from home.

Money matters

LATIN AMERICA

The recommended amounts are listed in USD for the relatability of universal travellers, however the local currency is needed in the countries you are visiting.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to the equivalent of an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport

closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

MEALS NOT INCLUDED:

For this trip we recommend between USD25 to USD50 per day.

Breakfast - If breakfast is not included, you can expect to pay USD5 to USD10 at a local café.

Lunch - If you are happy with a quick snack on the go, you may get away with as little as USD5 to USD10 for a set menu at a local eatery or a sandwich and a drink at a café. On the other hand, lunch at a tourist restaurant can cost USD10 to USD15.

Dinner - At dinner time, your group leader or local representative will normally recommend restaurants where you can safely try the local specialties of the region. Expect meals to cost USD12 to USD25 for a main.

These are indicative prices only. If you are on a tight budget and happy to eat local food you can eat cheaper than this. If you want to try the finest food at the finest restaurants, then you can expect meals to cost as much as in Western countries.

CREDIT CARDS & ATMs:

ATMs are widely available in major towns and cities across Latin America. Credit cards can generally be used in tourist shops and restaurants. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only.

TIPPING:

Gratuities aren't compulsory on your trip, but they can make a big difference to locals employed in the tourism industry. We suggest carrying small notes of local currency around as you go. It'll make tipping easier. The recommended tipping amounts are listed in USD for the relatability of universal travellers.

Usually around USD5 – USD10 a day to cover tips is fine, but your leader might raise the idea of a group tip kitty. Each traveller contributes an equal amount to the pool, and your leader can pay the tips as you go.

SOUTH AMERICA - General Tipping Guide:

To give you a bit of guidance, we've put together the following tipping notes. These are just suggestions, based on feedback from past travellers and our staff on the ground.

- Restaurants: Local markets and basic restaurants - round your bill up to the nearest USD1. More up-market restaurants we suggest 10% to 15% of your bill.

- Local guides: There might be times during the trip where you'll have a specialist local guide alongside your trip leader. We suggest tipping these guides about USD2 – USD3 per day.

- Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We suggest USD1-USD2 per day for drivers.

- Your Tour Leader: You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline USD2-USD4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

PERU TREKKING - General Tipping Guide:

We recommend you carry the below suggested amounts with you during the trek and that you carry small bills as this makes splitting the tip an easier process. The last day of the trek the tipping will be broken down into envelopes – one per porter, assistant guides and guide.

Inca Trail: we suggest a total tipping amount of PEN120 to PEN180 per person (approximately USD 37 to USD 55).

This is generally the tipping breakdown:

Porters, cook and assistants PEN 80 to PEN 120

Assistant guide: PEN 12 to PEN 20

Guide: PEN 27 to PEN 40

Quarry Trail: the suggested total tipping amount per person is PEN 120 to PEN 135 (approximately USD 37 to USD 42). This is generally the tipping breakdown:

Porters, cook and assistants PEN 90

Assistant guide: PEN 9 to PEN 15

Guide: PEN 20 to PEN 30

Packing

Most travellers prefer to take a small to medium wheeled suitcase, which is a great size for the packing capacity in our private vehicles. Whatever you take, be mindful that you will need to be able to carry your own luggage, handle it at airports, take in/out of accommodation and perhaps even walk short distances. Generally speaking, we recommend you pack as lightly as possible. You'll also need a day pack/bag for activities and day trips. In terms of weight, airlines generally allow a maximum of 20kg for check in luggage.

Other than the items and clothing you always need on a trip, below we have listed packing suggestions specific for this trip:

ESSENTIAL:

- Closed-in shoes will help to protect your feet from cuts and scratches when walking through cities as well as bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings
- Sun protection - hat, sunscreen, sunglasses

RECOMMENDED:

- Soft and/or hard copies of all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the hard copies separate from the originals. While not valid, a copy makes it very much easier to obtain replacements if necessary
- Water bottle. We recommend at least a 1.5 litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments
- Electrical adapter plug (view <http://www.kropla.com>)
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes and bandaids.
- Insect repellent
- Watch/Alarm clock or phone that can be used for both

OPTIONAL:

- Ear plugs to guard against a potential snoring room-mate
- Phrase book

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden.

LAUNDRY

Laundry is available at many hotels and towns during this trip, although you might need to wait for a two-night stop in order to make sure you get it back in time. While laundry at hotels is usually charged by the item, laundromats usually charge by the kilo, which is generally inexpensive (about USD 2 per kilo)

PERU TREKKING

Tents and sleeping mats are provided for the duration of your Peru trek.

At the pre-trek briefing you will be given a small duffle bag to pack your clothes for the trek, please note there is a 5kg limit, this includes your sleeping bag.

In addition to the general packing list above, please ensure you bring these items if you are trekking in Peru.

Passport:

You MUST take your passport, a photocopy is not sufficient. It's important the passport matches the details you provided us when booking this trip (Keep it in a plastic bag in case of rain)

Sleeping bag:

You will need a good warm sleeping bag for the trek. Sleeping bags can be hired for US\$20-25, please let your Tour Leader know at the trek briefing. A four season (or -10) bag is recommended especially for the winter months. At other times you will probably be fine in a 3 season (or -5) bag although this depends on how much you feel the cold and is given as a guideline only.

Silk sleeping bag liner:

Especially recommended if you plan to hire a sleeping bag but can also give your own bag added warmth.

Pillow

Pillows are not provided on the trek and it's your personal preference if you wish to bring one along. If you decide to bring a pillow then we do suggest packing a travel friendly option, something that can be easily packed into your small duffle bag.

Trek Poles:

Trek poles are not required, it's a personal preference. We recommend hiring these at the pre-trek briefing for approximately US\$10 per pole as it will save you carting them around for the remainder of your travels.

Day Pack:

A day bag that has easy access to water bottles (external side pockets) or a day pack with a built in hydration bladder. This bag only needs to be large enough to hold the few things you need during the day (hat, water, camera, snacks, rain jacket etc)

Water bottle:

You should be carrying at least 2 litres of water daily, while trekking. Depending on whether you have a hydration bladder in your bag or not we recommend bringing two (1 litre) bottles that can be refilled on the trail with boiled water, which will be supplied daily.

Waterproof, well worn-in walking boots:

Good quality, comfortable footwear is essential. Whatever you wear on your feet the most important thing is comfort. It is vital to ensure your boots are well worn in and lightweight. Ankle support and waterproofing is recommended but if you already have something comfortable with good grip on rocks then don't go rushing out to buy new boots – you are better off with your well-worn in pair!

Walking clothing in layers:

(E.g. zip off trousers, fleece, T-shirts). It's a personal choice as to how many items you bring however please remember there's a 5kg limit. We recommend the following;

- 2 Pairs of long Walking Trousers (Zip off are a very hand choice but not a necessity)
- 2 T-shirts
- 1 Pair of shorts
- Rain Jacket or Poncho (Poncho can be purchased locally for a \$2-3)
- 4-5 Pairs of Thick socks

Warm clothing for night time:

Fleece, long pants, woollen hat, gloves.

Thermal underwear:

Thermal wear is highly recommended, being light, warm and will keep you warm at night.

Sunscreen, sunglasses and sunhat

Personal medication and basic first aid kit:

Band-Aids, Imodium, Panadol, rehydration sachets.

Camera and spare batteries, memory cards or film:

Please note: there are no electrical outlets on the trek so make sure you fully charge and or have spare batteries.

Snacks:

Chocolates, chips, biscuits, energy bars. Snacks are provided during the trek but you may like to bring one or two extras just in case. If you have a dietary requirement then we recommend bringing some suitable snacks from home. We will accommodate you for Breakfast, lunch and dinner however for snacks it's recommended to bring some just to be safe.

Head torch or Standard Torch (flash-light)

(Very Important) and spare batteries.

Tropical strength insect repellent.

Antiseptic hand gel.

Flip-flops / thongs / jandals:

If you wish to have a shower on the third night and to wear around camp after a long day of trekking.

Ear Plugs:

In case your tent 'roomie' is a snorer.

Plastic bags:

To keep your belongings and clothes dry (wrap everything in plastic bags).

Toilet paper:

Most important! Also small plastic bags or zip lock bags for rubbish which can then be thrown in the main rubbish bag provided by the porters. Please don't dispose of your toilet paper on the ground!

Wet wipes and or Face wipes:

These are an essential and will come in handy after a long day of trekking and no showers.

Small towel and basic personal toiletries:

On the third night of both the Inca Trail and the Inca Quarry there is an opportunity to have a shower so bring travel size shampoo and shower gel if you would like.

Phone and internet access

WhatsApp is a popular way to communicate in Latin America. We recommended downloading WhatsApp prior to departure to communicate by text with your group leader or local representative and group members during the tour. Once downloaded, please validate your phone number before leaving home as you will not be able to do this once you arrive unless you have international roaming enabled. Connections for making phone calls through WhatsApp are not reliable, so please do not use this app to make calls to our emergency phone line.

Climate and seasonal information

See here for more information about the best times to trek in Peru:
<https://www.intrepidtravel.com/adventures/hiking-seasons-in-peru/>

INCA TRAIL CLOSURES

The Inca Trail closes in February each year to allow for cleaning and restoration works. If you are booked to hike the Inca Trail at this time you will be rebooked to hike the Quarry Trail.

FLOODING & LANDSLIDES:

The wet season in Peru is from November to April. During this time it can be rainy or even snow heavily in the Andes. There have been occasions of torrential rains and flooding in some parts of the country, including Cusco. During the wet season landslides and inclement weather can cause disruption to road and rail travel as well as trekking and hiking routes. These can include Cusco, the routes to Machu Picchu and the north of Peru.

EARTHQUAKES:

Peru is in an active earthquake zone and there are frequent tremors. If in a building when an earthquake strikes keep away from the windows and make your way to the safe zones marked in most buildings with an 'S' sign. If you are outside keep away from buildings and other areas where objects, like trees or power lines, could fall.

Group Leader

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

PERU

Demonstrations and protests occur regularly and can turn violent. National or regional strikes can be called at short notice and can disrupt domestic air travel, public transport and road networks. In the past, protestors have also caused disruption to Juliaca airport, Cusco airport and rail services to Machu Picchu. Avoid protests, demonstrations or large gatherings.

Street crime, including muggings and thefts, is a significant problem in Lima, Cusco, Arequipa and other major cities. Be vigilant in public places and when withdrawing cash from ATMs. Avoid walking alone in quiet areas or at night. As with travel across the country, you should remain aware of your surroundings and avoid wearing or displaying expensive items. In the event of a robbery, do not attempt to resist attackers or take any action that puts you at greater risk.

Tourists have been the targets of robbery by bogus taxi drivers. Do not hail taxis on the street and instead only use licensed telephone or internet-based taxi services whenever possible, or ask your hotel to book one for you. Be particularly careful when arriving at Jorge Chavez International Airport in Lima and only use one of the official taxi companies located at desks directly outside the arrival hall.

Tourists are sometimes offered 'spiritual cleansing' programs in the Amazon area, Northern Peru and Cusco. These are sometimes called Ayahuasca or San Pedro and typically involve the consumption of dimethyltryptamine (DMT), an hallucinogenic drug. These practices are not regulated and people have suffered serious illnesses and in some cases death after participating in these ceremonies.

LIMA AIRPORT TRANSFERS

For safety reasons, we strongly recommend that during airport transfers in Lima all of your luggage, including hand luggage and valuables, is stored out of sight in the rear boot of the vehicle.

HIKING IN PERU

In accordance with local laws governing tourism in Peru, trekking groups of up to and including 8 trekkers must be led by one local guide. The evacuation of an injured traveller in normal conditions may take more than 8 hours. For your own safety, it's crucial that you adhere to the local guide's safety instructions, particularly in regard to how to prevent trekkers getting separated or lost. Your leader will also conduct a safety discussion before our trekking activities.

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MONEY WITHDRAWAL:

In order to avoid fraud and theft, it is advisable that you withdraw money from ATMs located inside banks or guarded shops during business hours only.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

LIFE JACKETS:

While life jackets are generally available on water craft, there may be occasions where they are not provided and child size life jackets are not always readily available. If travelling with children and this safety issue concerns you we will be able to advise alternative methods of transport (where available) for you to travel to the next destination. You can choose to travel independently for this leg of the journey. This would be at your own expense.

A couple of rules

We like to think our Intrepid travellers are all connected by a love of adventure and passion for seeing the world in a different way. We've laid down a few non-negotiable rules to ensure everyone feels connected, comfortable and safe on our trips.

We ask that you respect your fellow travellers, group leader or local representative, and local people and places we visit in all circumstances. We don't tolerate any forms of violence and expect that you follow the local laws, customs and regulations in any destination we travel to. Any behaviour contrary to the above, including any behaviour that prevents our staff from performing their duty of care or continuing the itinerary as planned, may result in travellers being removed from the trip.

If you consume alcohol while travelling, we encourage responsible drinking and expect you to abide by local alcohol laws.

To ensure the well-being of everyone on the trip, all decisions made by group leaders or local representatives and ground staff are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

By travelling with us, you agree to comply with these rules and the laws and customs of all countries visited.

If something is concerning you during your travels with us, please speak to your group leader or local representative immediately. Alternatively, contact us on the emergency contact number detailed in your Essential Trip Information's Problems and Emergency Contact section.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

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The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than \$14million dollars and supported more than 160 communities worldwide. Now, with over 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

For more information about the Intrepid Foundation, please ask your group leader or local representative or visit our website: <http://www.theintrepidfoundation.org/>

This trip supports Awamaki, who empower indigenous women in Peru with educational opportunities and jobs that provide financial independence. They offer lessons in quality control, product development and technical skills training for women artisans in rural Andean communities. Donations support the growth and development of their programs to lift more women into financial independence. Intrepid will double the impact by dollar-matching post-trip donations made to The Intrepid Foundation.

To find out more or make a donation, visit <https://www.theintrepidfoundation.org/t/awamaki>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.